

Global Healthspan Policy Institute

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Hello,

This week we learn how heart disease can contribute to dementia risk, how poor sleep is linked to accelerated brain aging and how common plant compounds could improve aging and immunity. We also learn about a new initiative at the University of Miami that will fund aging research.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO  
Global Healthspan Policy Institute



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#### Heart diseases raise dementia risk: Could a common blood thinner lower it?

A new report describes how three common heart diseases could contribute to dementia risk

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#### Poor sleep quality linked to accelerated brain aging, study finds. Sleep experts weigh in

In a new study, respondents who reported 2-3 poor sleep characteristics averaged an increase in brain age of 1.6 years

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#### These Plant Compounds May Slow Aging and Improve Immunity, Research Shows

Fruits and vegetables rich in polyphenols may contribute to longevity

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#### New initiative to fuel neuroscience and aging research

A new \$30 million initiative at the University of Miami will fund basic science with a focus on neuroscience and aging

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#### We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

[Join The Coalition Here](#)

#### ***Upcoming Events***

##### [Longevity Nation](#)

October 28-31, 2024

Bar Ilan University, Ramat Gan, Israel